

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

1. (currently amended) A composition comprising a reduced folate compound and a cobalamin compound in amounts sufficient to exert a chondroprotective effect, wherein said reduced folate is selected from the group consisting of 5-formimino-(6S)-tetrahydrofolic acid and 5-formimino-(6R,S)-tetrahydrofolic acid, wherein the ratio of said reduced folate compound and said cobalamin is 125:1.
2. (currently amended) A composition comprising a reduced folate compound and a cobalamin compound, wherein the ratio of said reduced folate compound and said cobalamin is ~~ranges from 50:1 to~~ 125:1.
3. (previously presented) The composition of claim 2, wherein said reduced folate compound is present in an amount from 0.01 mg to 500 mg and said cobalamin compound is present in and amount from 0.0002 mg to 10 mg.
4. (previously presented) The composition of claim 2, wherein said reduced folate compound is present in an amount from 0.1 mg to 50 mg and said cobalamin compound is present in and amount from 0.002 mg to 1 mg.
5. (previously presented) The composition of claim 2, wherein said composition does not comprise folic acid.
6. (previously presented) The composition of claim 2, wherein said composition further comprises a betaine compound.
7. (original) The composition according to claim 6, wherein said betaine compound is present in amounts of from 500 mg to 20,000 mg.

8. (original) The composition according to claim 6, wherein said betaine compound is present in amounts of from 500 mg to 2000 mg.

9. (previously presented) The composition of claim 2, wherein said reduced folate compound is 5-methyl-tetrahydrofolate.

10. (previously presented) The composition of claim 2, wherein said reduced folate is selected from the group consisting of (6S)-tetrahydrofolic acid, 5-methyl-(6S)-tetrahydrofolic acid, 5-formyl-(6S)-tetrahydrofolic acid, 10-formyl-(6R)-tetrahydrofolic acid, 5,10-methylene-(6R)-tetrahydrofolic acid, 5,10-methenyl-(6R)-tetrahydrofolic acid, 5-formimino-(6S)-tetrahydrofolic acid, (6R,S)-tetrahydrofolic acid, 5-methyl-(6R,S)-tetrahydrofolic acid, 5-formyl-(6R,S)-tetrahydrofolic acid, 10-formyl-(6R,S)-tetrahydrofolic acid, 5,10-methylene-(6SR)-tetrahydrofolic acid, 5,10-methenyl-(6R,S)-tetrahydrofolic acid, and 5-formimino-(6R,S)-tetrahydrofolic acid.

11. (currently amended) A composition comprising folic acid or a reduced folate compound, a cobalamin compound, and betaine in amounts sufficient to exert a chondroprotective effect, wherein said folic acid or reduced folate compound comprises 150-1000 mg of said composition, and wherein the ratio of said reduced folate compound and said cobalamin is 125:1.

12. (previously presented) A composition according to claim 11, wherein said cobalamin compound is present in an amount from 0.0002 mg to 10 mg, and said betaine is present in an amount from 50 mg to 20,000 mg.

13. (previously presented) A composition according to claim 12, wherein said cobalamin compound is present in an amount from 0.002 mg to 1 mg, and said betaine is present in an amount from 500 mg to 2000 mg.

14.-47. (canceled)